



**“There is no power for change greater than a community discovering what it cares about.”**

**-Margaret J. Wheatly**

## **Iona Senior Services**

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for more events and programs



## ACTIVE WELLNESS AT SAINT ALBAN'S—JULY 2024

### St. Albans Team

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**Christine Kenny**  
Associate Director of  
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### MEDIA



Welcome, friends, to the Active Wellness Program. Active Wellness is open to all DC residents age 60 and better. There is no charge to participate, although donations to our community dining program enable us to continue to provide great programming. Yearly registration is required. You can register onsite during open hours—10 am to 2 pm.

Read on for news and updates!



## **Join Us!**

**Fellowship and Activities**  
**Monday through Friday 10-2**

**Community Dining at 12:00 pm**  
**Hot, nutritious lunch served daily**  
**Reserve onsite**

*St. Albans Episcopal  
Church  
Satterlee Hall  
3001 Wisconsin Ave, NW  
Washington, DC 20016*



## News You Can Use:

### Produce Markets return to St. Albans!

On Thursday, July 25, we will once again have seasonal fresh fruits and vegetables to distribute to participants. If you have attended markets in the past, please remind us that you are still interested. If you are new to the markets, please sign up at the Reception Table. Everyone, please bring reusable bags!



### New Instructors Join Us in July!

On Wednesdays, **Sonia** will be leading the fitness class in the 11 am slot. Come see what she has to offer. On Thursdays, **Susan** is facilitating musical afternoons; listening can be accompanied by optional art activities. Susan held a preview in June and it was great fun.

### Thanks for Signing In!

In order to comply with DC Department of Aging and Community Living requirements, participants are now asked to sign in for activities and lunch, and to sign in separately to order lunch. We'll make it easy by having your name pre-printed on sign-in sheets. Please leave a little extra time to get to the desk before programs and lunch. Thanks to everyone for your cooperation!

## Afternoon & Special Programs

Afternoon programs begin at 1 pm.

Monday July 1, Maria San Jose on Rome

Monday, July 8, Edie hosts Repair Café; also Iona Resources (virtual)



Monday, July 29, Monthly Birthday Party with Dorothy & Patricia

Tuesdays—Comedy Improv w/Topher

Tuesday, July 9, Money Management w/Iona; also July 30

Tuesday, July 16, Bingo with Ellen



Wednesdays—Art Adventures with Meg



Wednesday, July 10, Iona dietitian Darlyn—11 am

Wed, July 31, Presentation from the DC Center for Independent Living 11:30 am; Legal Counsel for the Elderly with the Senior Medicare Patrol.



Thursdays—Music and Art with Susan.

**Please note: The program is closed on Thursday, July 4.**

Thurs., July 25, 10 am —Produce Market



Fridays—Drumming with Monty



## Scheduled Trips



### Shopping Trip to Walmart

Monday, July 5th  
Bus Departs: 10:15 am  
Estimated Return: 12:15pm

### National Museum of African American History and Culture

Tuesday, July 9  
Bus Departs: 9:45 am  
Estimated Return: 12:30pm

### Embassy of Canada & The Old Post Office Clock Tower

Wednesday, July 17  
Bus Departs: 9:30 am  
Estimated Return: 12:45 pm

### Frederick Douglass National Historic Site

Tuesday, July 23  
Bus Departs: 11:00 am  
Estimated Return: 2:00 pm

Boxed lunches will be provided for participants upon return to the Center



Sign Up at the Reception Table



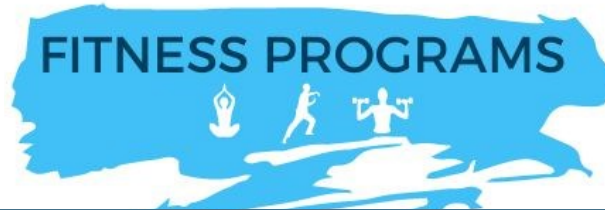


## Candid Camera Moments

On June 10, Eulalie brought a Safari Experience to the program with slides, a handout of useful and interesting facts\* about 3 African countries, and a quiz with prizes. It was a splendid afternoon. Thanks Eulalie!



\*Did you know that baby zebras can stand up 6 minutes after being born?



## Join Us!

"The Body Achieves,  
What the Mind Believes"  
-Anonymous

**Yoga & Movement with Penelope**  
Mondays at 11:00 am

**Strength, Balance, & Core with Emma**  
Tuesdays at 11:00 am

**Fitness with Sonia Moore Williams**  
Wednesdays at 11:00 am

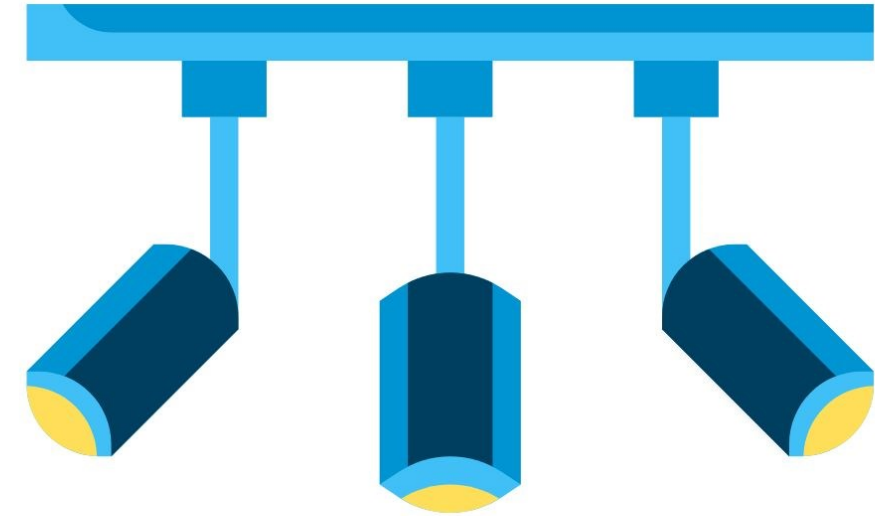
**Meditation & Movement with Meg**  
Thursdays at 11:00 am

**Chair Cardio Kickboxing with Vernetta**  
Fridays at 11:00 am

All exercise classes are chair-based. Some can be modified to be done standing. No need to bring equipment—hand weights and straps are used for some classes and provided onsite.



## IN THE SPOTLIGHT



## Our Summer Volunteers

Each year, Active Wellness hosts students from area high schools who help with various tasks in exchange for community service credits. The students are friendly, interested in conversation, able to play cards, chess, or checkers, and capable guides for technology and phone questions. The students may also be helping out at lunch or at the Reception Table reminding you to sign in. You can see Elizabeth assisting Eulalie with her slides in the Safari photos!

Returning students Faris and Jude are also embarking on a video project. Stay tuned for more details!

In addition, a group of students from Holy Trinity Religious School will be onsite on Thursday and Friday, July 18th & 19th. Look for some special programming while they are here.

# IONA ACTIVE WELLNESS AT SAINT ALBAN'S

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00am Coffee &amp; Word Games 11:00am Yoga &amp; Movement w/ Penelope 12:00pm Lunch 1:00pm Travel Diary: Rome with Maria San Jose</p>	<p>2</p> <p>10:00am Coffee &amp; AM Music 11:00am Strength, Balance &amp; Core w/Emma 12:00pm Lunch 1:00pm Comedy Improv w/ Topher</p>	<p>3</p> <p>10:00am Local News &amp; Coffee 11:00am Fitness w/Sonia 12:00pm Lunch 1:00pm Art Adventure w/Meg 1:00pm Chess with Bruce</p>	<p>4</p> <p>DINING AND PROGRAMS CLOSED IN OBSERVANCE OF</p> <p><b>4th of July</b></p> <p> </p>	<p>5</p> <p>10:00am Coffee &amp; Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 1:00pm Drumming w/Monty</p> <p><i>Trip: Shopping at Walmart</i></p>
<p>8</p> <p>10:00am Coffee &amp; Word Games 11:00am Yoga &amp; Movement w/ Penelope 12:00pm Lunch 12:45pm Iona Resources (virtual) 1:00pm Repair Café with Edie</p>	<p>9</p> <p>10:00am Coffee &amp; AM Music 11:00am Strength, Balance &amp; Core w/Emma 12:00pm Lunch 1:00pm Comedy Improv w/ Topher</p> <p><i>Trip: National Museum of African American History &amp; Culture</i></p>	<p>10</p> <p>10:00am Local News &amp; Coffee 11:00am Nutrition Ed w/Darlyn 11:30am Fitness w/Sonia 12:00pm Lunch 1:00pm Art Adventure w/Meg 1:00pm Chess with Bruce</p>	<p>11</p> <p>10:00am Coffee &amp; Crosswords 11:00am Meditation &amp; Movement w/Meg 12:00pm Lunch 1:00pm Music &amp; Art w/Susan</p>	<p>12</p> <p>10:00am Coffee &amp; Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 1:00pm Drumming w/Monty</p>
<p>15</p> <p>10:00am Coffee &amp; Word Games 11:00am Yoga &amp; Movement w/ Penelope 12:00pm Lunch 1:00pm Games</p>	<p>16</p> <p>10:00am Coffee &amp; AM Music 11:00am Strength, Balance &amp; Core w/Emma 12:00pm Lunch 1:00pm Comedy Improv w/ Topher 1:00pm BINGO w/Ellen</p> <p><i>Trip: Embassy &amp; Old Post Office</i></p>	<p>17</p> <p>10:00am Local News &amp; Coffee 11:00am Nutrition Ed w/Darlyn 11:30am Fitness w/Sonia 12:00pm Lunch 1:00pm Art Adventure w/Meg 1:00pm Chess with Bruce</p> <p><i>Trip: Embassy &amp; Old Post Office</i></p>	<p>18</p> <p>10:00am Coffee &amp; Crosswords 11:00am Meditation &amp; Movement w/Meg 12:00pm Lunch 1:00pm Music &amp; Art w/Susan</p>	<p>19</p> <p>10:00am Coffee &amp; Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 1:00pm Drumming w/Monty</p>
<p>22</p> <p>10:00am Coffee &amp; Word Games 11:00am Yoga &amp; Movement w/ Penelope 12:00pm Lunch 1:00pm Movie Matinee</p>	<p>23</p> <p>10:00am Coffee &amp; AM Music 11:00am Strength, Balance &amp; Core w/Emma 12:00pm Lunch 1:00pm Comedy Improv w/ Topher</p> <p><i>Trip: Frederick Douglass House</i></p>	<p>24</p> <p>10:00am Local News &amp; Coffee 11:00am Fitness w/Sonia 12:00pm Lunch 1:00pm Art Adventure w/Meg 1:00pm Chess with Bruce</p>	<p>25</p> <p>10:00am Coffee &amp; Crosswords 11:00am Meditation &amp; Movement w/Meg 12:00pm Lunch 1:00pm Music &amp; Art w/Susan</p>	<p>26</p> <p>10:00am Coffee &amp; Conversation 11:00am Chair Cardio Kick-Boxing w/Vernetta 12:00pm Lunch 1:00pm Drumming w/Monty</p>
<p>29</p> <p>10:00am Coffee &amp; Word Games 11:00am Yoga &amp; Movement w/ Penelope 12:00pm Lunch 1:00pm Monthly Birthday Party w/Patricia &amp; Dorothy</p>	<p>30</p> <p>10:00am Coffee &amp; AM Music 11:00am Strength, Balance &amp; Core w/Emma 12:00pm Lunch 1:00pm Comedy Improv w/ Topher</p>	<p>31</p> <p>10:00am Local News &amp; Coffee 11:00am Fitness w/Sonia 11:30am DC Center for Independent Living 12:00pm Lunch 12:45pm Legal Counsel for the Elderly/Senior Medicare Patrol 1:00pm Art Adventure w/Meg 1:00pm Chess with Bruce</p>	<p><b>JULY 2024</b> </p>	